

Attachment 7

Weight Gain Grids

Refer to the following pages for Attachment 7.

PRENATAL WEIGHT GAIN GRIDS

(Information gathered on this form is needed for WIC Certification)

Body Mass Index (BMI) and Weight

Height	Low (BMI <20)	High (BMI >26)	Obese (BMI >29)
4'8" (56")	<88 lbs.	>116 lbs.	>129 lbs.
4'9" (57")	<93 lbs.	>120 lbs.	>134 lbs.
4'10" (58")	<96 lbs.	>124 lbs.	>138 lbs.
4'11" (59")	<99 lbs.	>128 lbs.	>144 lbs.
5'0" (60")	<103 lbs.	>133 lbs.	>148 lbs.
5'1" (61")	<106 lbs.	>138 lbs.	>153 lbs.
5'2" (62")	<109 lbs.	>143 lbs.	>158 lbs.
5'3" (63")	<113 lbs.	>147 lbs.	>163 lbs.
5'4" (64")	<117 lbs.	>152 lbs.	>169 lbs.
5'5" (65")	<121 lbs.	>156 lbs.	>174 lbs.
5'6" (66")	<124 lbs.	>161 lbs.	>180 lbs.
5'7" (67")	<128 lbs.	>166 lbs.	>185 lbs.
5'8" (68")	<132 lbs.	>171 lbs.	>191 lbs.
5'9" (69")	<136 lbs.	>176 lbs.	>196 lbs.
5'10" (70")	<139 lbs.	>182 lbs.	>203 lbs.
5'11" (71")	<143 lbs.	>187 lbs.	>208 lbs.
6'0" (72")	<147 lbs.	>192 lbs.	>214 lbs.
6'1" (73")	<152 lbs.	>197 lbs.	>220 lbs.
6'2" (74")	<156 lbs.	>203 lbs.	>226 lbs.

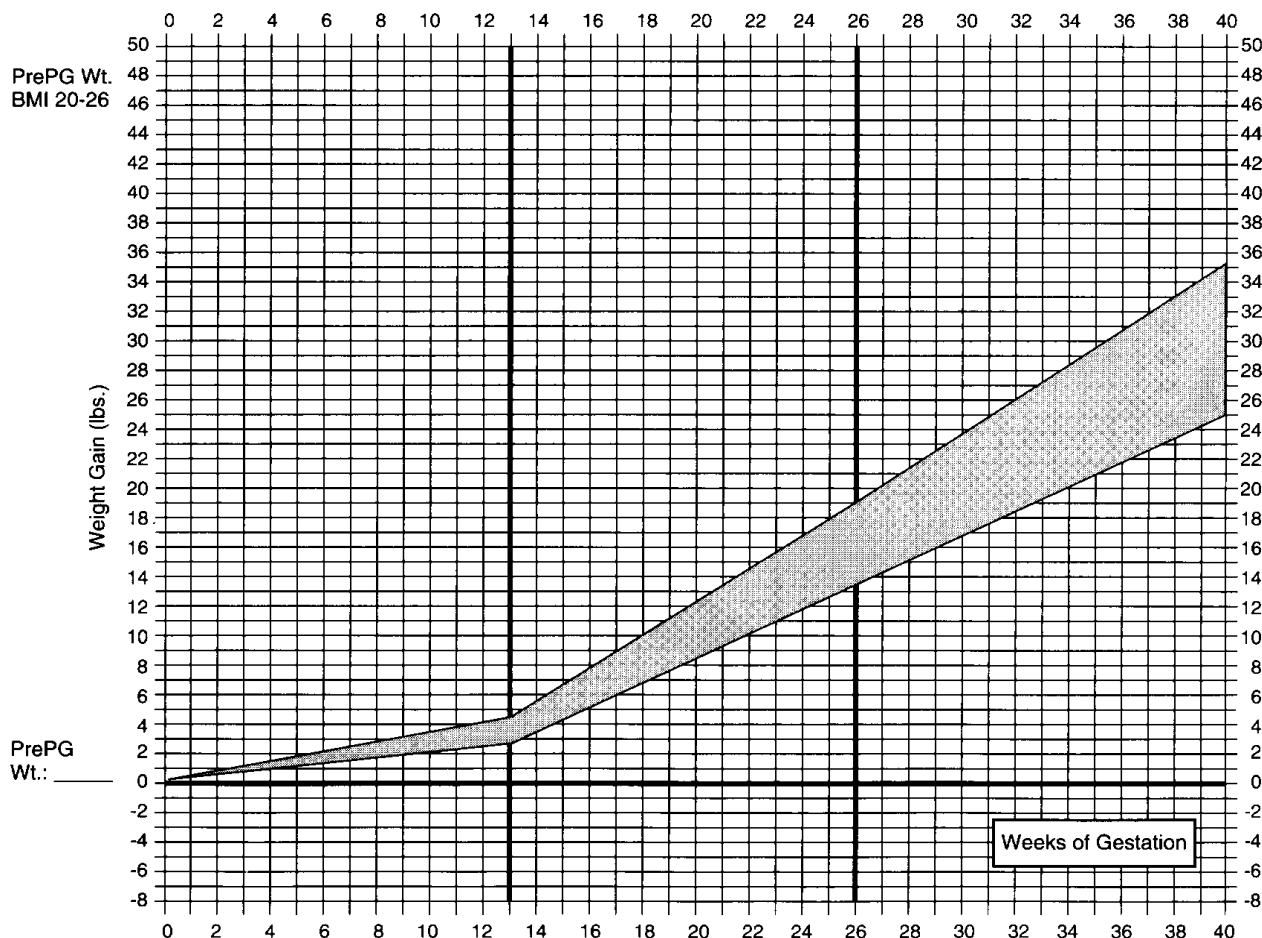
Directions:

Using the table to the left, assess the woman's pregravid weight for her height as normal (Body Mass Index 20-26), low (BMI <20), high (BMI >26-29), or obese (BMI >29). Select the appropriate weight gain grid. Write the woman's pregravid weight on the blank line to the left of the zero on the side of the grid. (The "zero" line represents her pregravid weight.) At woman's current week gestation, plot her current weight. Next to the plot, you may wish to write the date and weight. If prepregnancy weight is unknown, use your best judgment to select the appropriate grid. At the woman's current weeks gestation, plot the current weight at the mid-point of the shaded area; at next visit, count lbs. gained or lost from that point.

Weight Gain Recommendations:

Low weight: 28-40 lbs. (twins: 38-50)
Normal weight: 25-35 lbs. (twins: 35-45)
High weight: 15-25 lbs. (twins: 25-35)
Obese: at least 15 lbs. (twins: approx. 25)
Adolescents: at least upper end of recommended gain
Black women: upper end of recommended gain
Short women: at least lower end of recommended gain

Name _____ Certification Date: _____ EDC: _____



Name _____ Certification Date: _____ EDC: _____

